

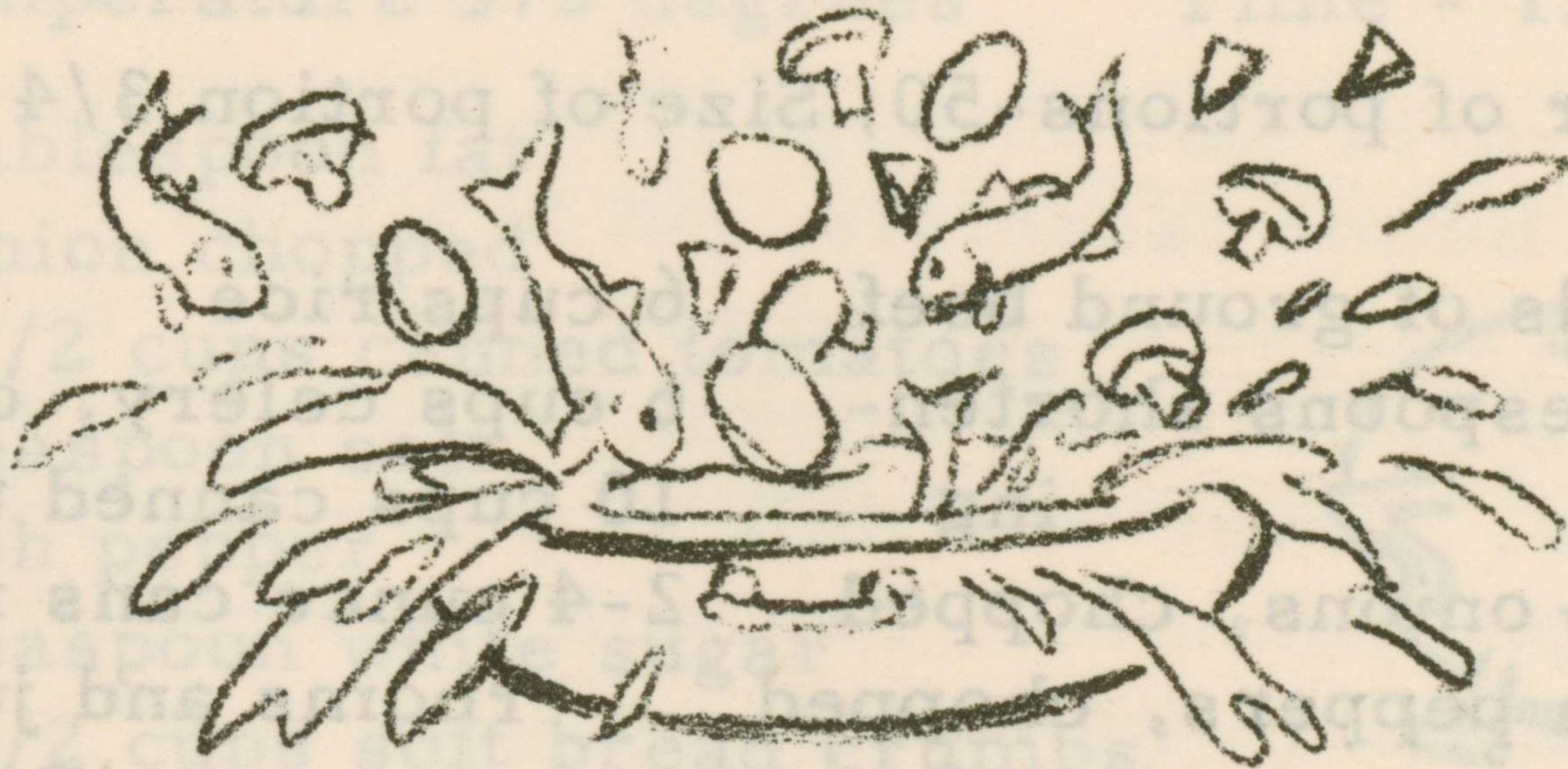
Best wishes for you all. and I
will be looking to see you here again
I hope! Sincerely - Mrs. Davidson.



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ALL - IN - ONE - DISHES



Compiled
by

THE WINONA CIRCLE

ZION UNITED CHURCH

Moose Jaw

American Chop Suey

Number of portions-50; Size of portion 3/4 cup

6 pounds of ground beef	6 cups rice
12 tablespoons shorten- ing	6 cups celery, chopped
6 large onions, chopped	10 cups canned tomatoes
2 green peppers, chopped	2-4 ounce cans mush-rooms and juice -
4 tablespoons salt	(Optional)

Brown the beef in 12 tablespoons hot shortening. Add remaining ingredients and cover. Cook in oven 400 degrees F., until all vegetables and rice are tender (about 45 minutes).

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Feb. 10, 2016

Escalloped Tomatoes

Temperature 375 degrees

Time - 15 minutes

1 tablespoon fat

1 onion chopped

2-1/2 cups canned tomatoes

1 teaspoon salt

Dash pepper

1 teaspoon white sugar

1-1/2 cups soft bread crumbs

1/4 cups loaf cheese grated

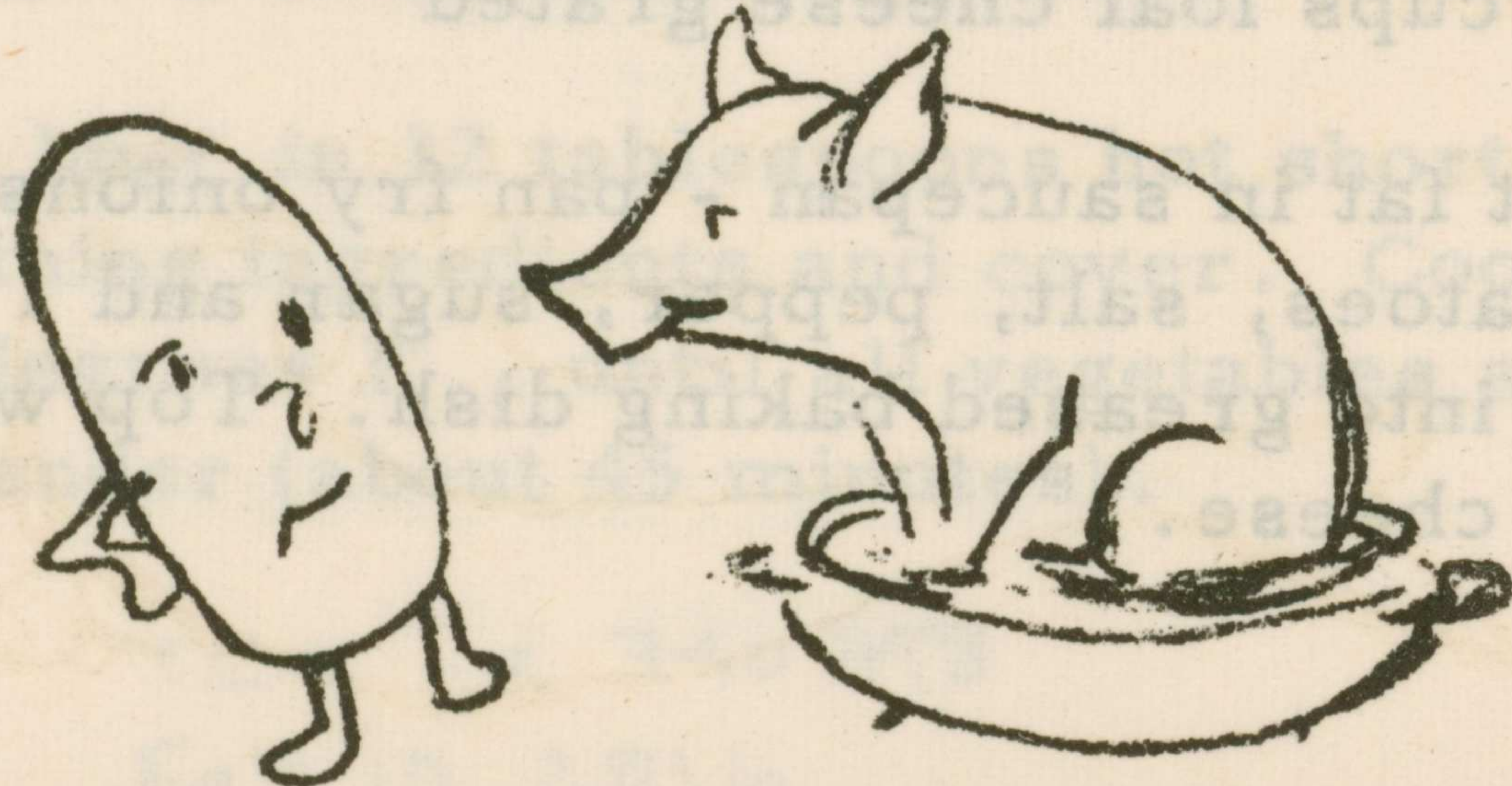


Heat fat in saucepan - pan fry onions - add tomatoes, salt, pepper, sugar and 1 cup crumbs. Put into greased baking dish. Top with crumbs and cheese.

Ham and Potato Scallop

Put left-over ham through mincer with one large onion. Butter casserole, put in a layer of ham and then a layer of sliced raw potatoes, until you have the desired amount, finishing with potatoes. Cover with milk as you would for escalloped potatoes. Top with crushed corn flakes and dot with butter

Bake 1-1/2 - 2 hours in slow oven.



Tuna Fish Casserole

Grease casserole

Break up very slightly, 2 cups potato chips.

Drain and break over this, one tin quality

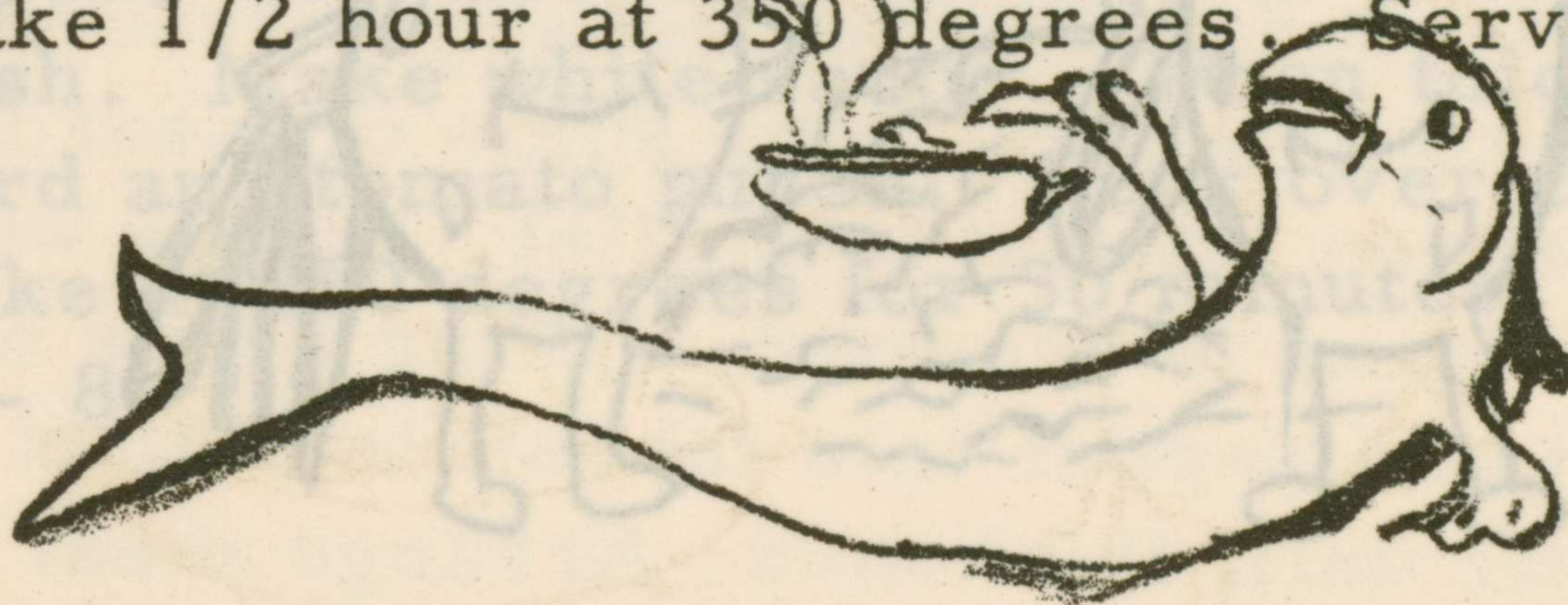
Tuna fish.

Over that pour, 1 tin of Mushroom soup

that has been thinned with about 1/4 tin of
milk.

Peas and almonds may be added, but are
optional.

Bake 1/2 hour at 350 degrees. Serves four.

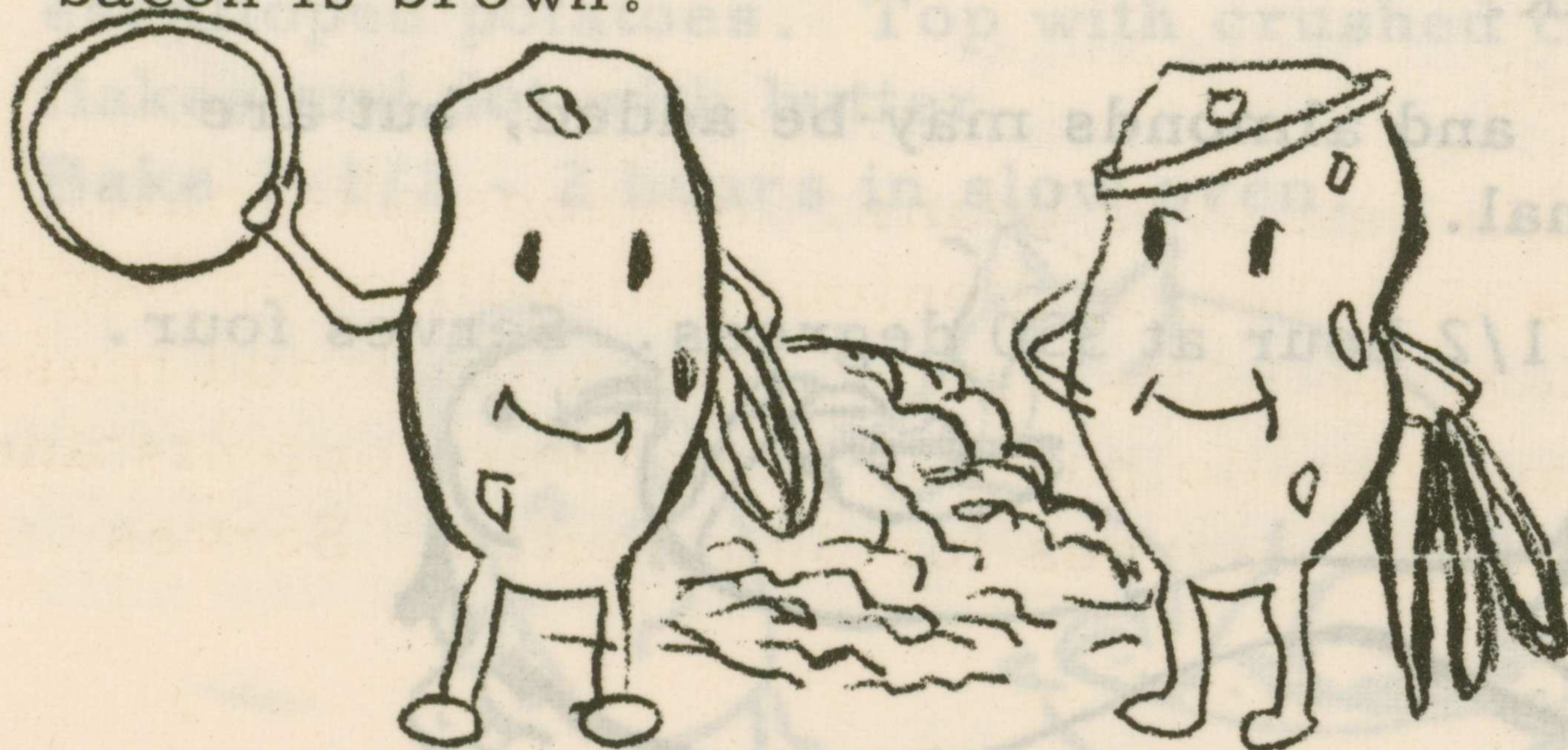


Baked Potatoes and Cheese

Bake potatoes

Cut out centres and mix with grated cheese, butter, salt and pepper. Put back in potato skins (halved).

Put slice of bacon on top of each. Bake until bacon is brown.



Corned Beef and Lima Beans

1/2 teaspoon salt

1 can #2 lima beans

1 can (12 oz) corned
beef

1/4 cut sliced onions

2 tablespoons butter

2 tablespoons flour

1/2 teaspoon salt

1/8 teaspoon pepper

3/4 cup milk

3/4 teaspoon mustard

1 can 10-1/2 oz. tomato
puree

Method

Sprinkle salt over beans. Arrange alternate layers with beef and onions, in well oiled baking dish. Make white sauce. When thick add mustard and tomato puree. Pour over contents and bake at 350 degrees for 30 minutes. Serves 6 - 8.

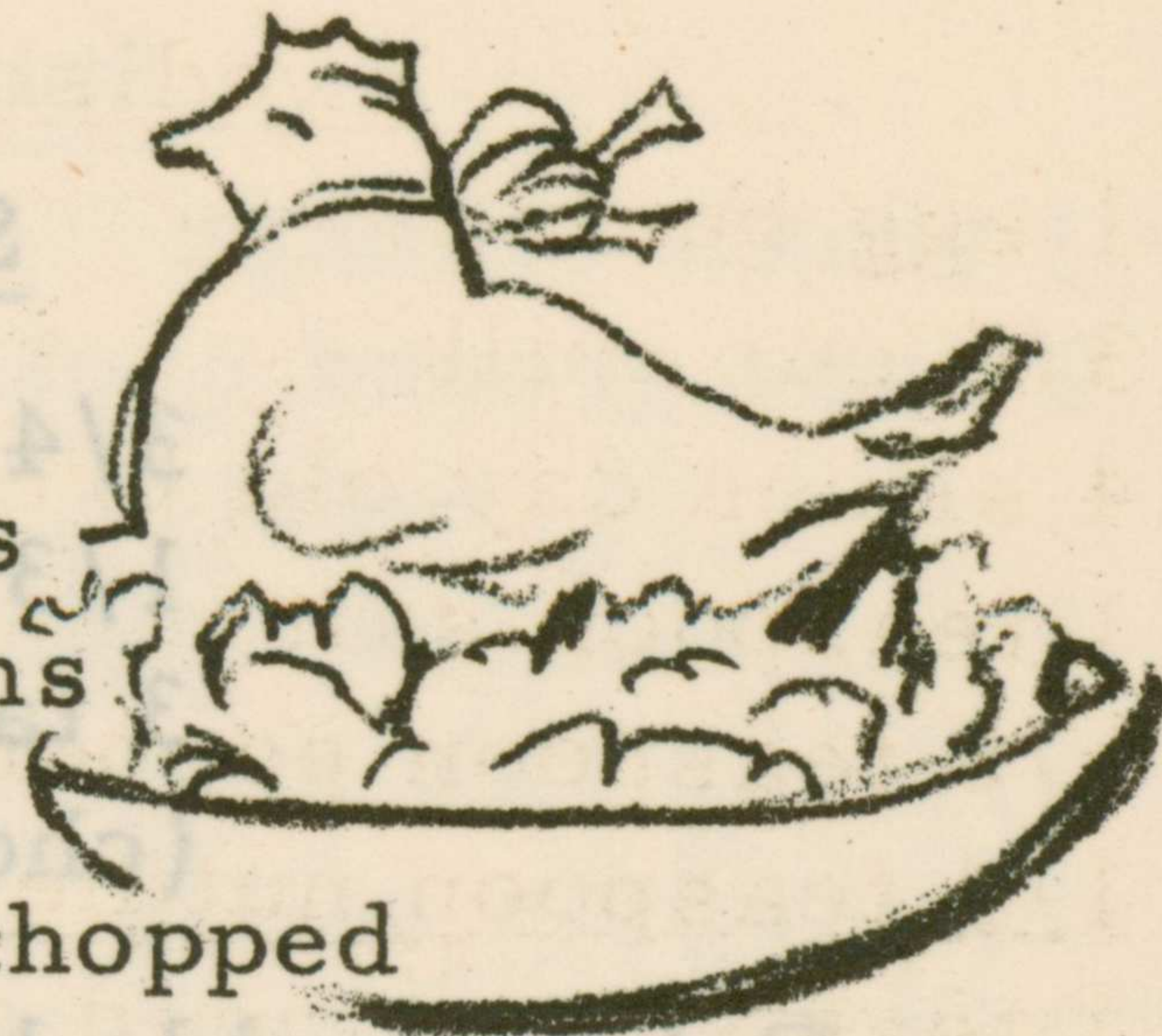
Swedish Meat Balls - Serves 4

1 egg beaten	3 peeled medium onions thinly
3/4 cup milk	sliced
4 slices day old bread	1/3 cup fat or salad oil
1 teaspoon salt	2 tablespoons flour
1/8 teaspoon pepper	1 teaspoon salt
1/2 teaspoon nutmeg	1/8 teaspoon pepper
1 teaspoon minced onion	2 cups milk
1/2 lb. round beef ground	

Beat eggs in large mixing bowl. Add milk and crumble bread. Let stand 5 minutes; beat with fork until bread is in fine pieces. Add next 5 ingredients. Blend well with fork. Now saute sliced onions in some of fat in skillet until golden brown and tender; stir occasionally; remove onions to baking pan and keep warm. Drop some of meat in rounded balls from teaspoon into fat in skillet. Brown well; remove; repeat until all meat is browned, adding fat as needed. Stir flour, salt and pepper into fat left in skillet. Add milk slowly; stir until thickened. Arrange meat balls in gravy; place onions on top. Cover, simmer 30 minutes.

Chicken Supper

Chicken or fowl
1 package frozen peas
1 package frozen beans
1 can mushrooms
few stalks of celery chopped



Boil fowl; remove from broth and take off meat. Cool broth and remove grease; then add 1 package frozen peas, frozen beans, celery, and mushrooms. Cook in broth. Add chicken and thicken. May be served plain or with crust.

Salmon Flakes

3/4 cup milk

1/3 cup dry bread crumbs

3 tablespoons butter

(chopped onion)

Put in double boiler. Cook 5 minutes, take off stove.

Add: 2 eggs slightly beaten
Salt and pepper to taste
1 cup flaked salmon

Grease ramakins with butter, and fill with salmon mixture. Place in oven in pan of hot water and bake about 30 minutes. Unmold and pour over Campbell's mushroom soup.

Pigs and Corn

1 can Niblet corn
3 medium potatoes sliced
5 soda biscuits rolled
1 can of vegetable soup
1 onion
Salt and Pepper

Mix well. Put in baking dish and bake in slow oven. When partly done, cover with 1 pound of pork sausages which have been boiled for fifteen minutes.

Stuffed Cabbage Rolls

1 small cabbage	2 tbsps. melted butter
2 cups ground cooked meat	1/4 lb. grated process American cheddar cheese (1 cup)
1 cup minced onion	1 #2-1/2 can tomatoes (3-1/2 cups)
3/4 cup raw rice	
1 teaspoon salt	
1/4 teaspoon pepper	

Method: Gently pull off 8 cabbage leaves. Simmer in 1'' boiling water, covered, 5 minutes. Drain, lay out ready for filling. Combine meat with next five ingredients. Fill leaves with mixture, using 1/8 for each. Roll up each, folding ends toward center. Secure with toothpicks; place in greased dish. Sprinkle on cheese, pour on tomatoes. Cover and bake 45 minutes, until tender. Remove toothpicks. Servings - 8.

(May also be cooked in skillet on top of stove)

"More"

1 package fine noodles cooked
until tender in salted water
1 can tomatoes
1 can peas
1 can pimento, cut fine
1/2 pound cheese grated
1 pound hamburger steak
1 onion



Brown hamburger and onion; add remaining ingredients, saving one-half the cheese for top.

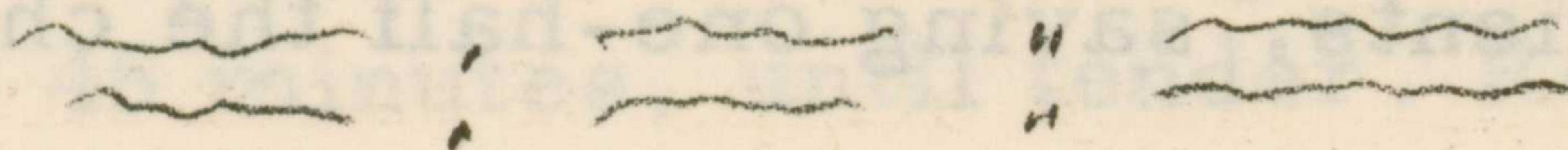
Bake in moderate oven 350 degrees for 3/4 hour to 1 hour.

Pineapple and Macaroni Dinner

Boil 1/2 pound macaroni in salted water until tender. Drain and rinse.

Combine 3 beaten eggs, 4 tablespoons melted butter, 2 cups milk, salt, paprika and a dash of pepper to taste.

Butter a casserole and fill with macaroni and custard. Cover the top with drained pineapple slices and strips of bacon. Dot with butter and bake in a pan of water in oven at 350 degrees F for about 45 minutes, or until bacon is crisp and custard set.



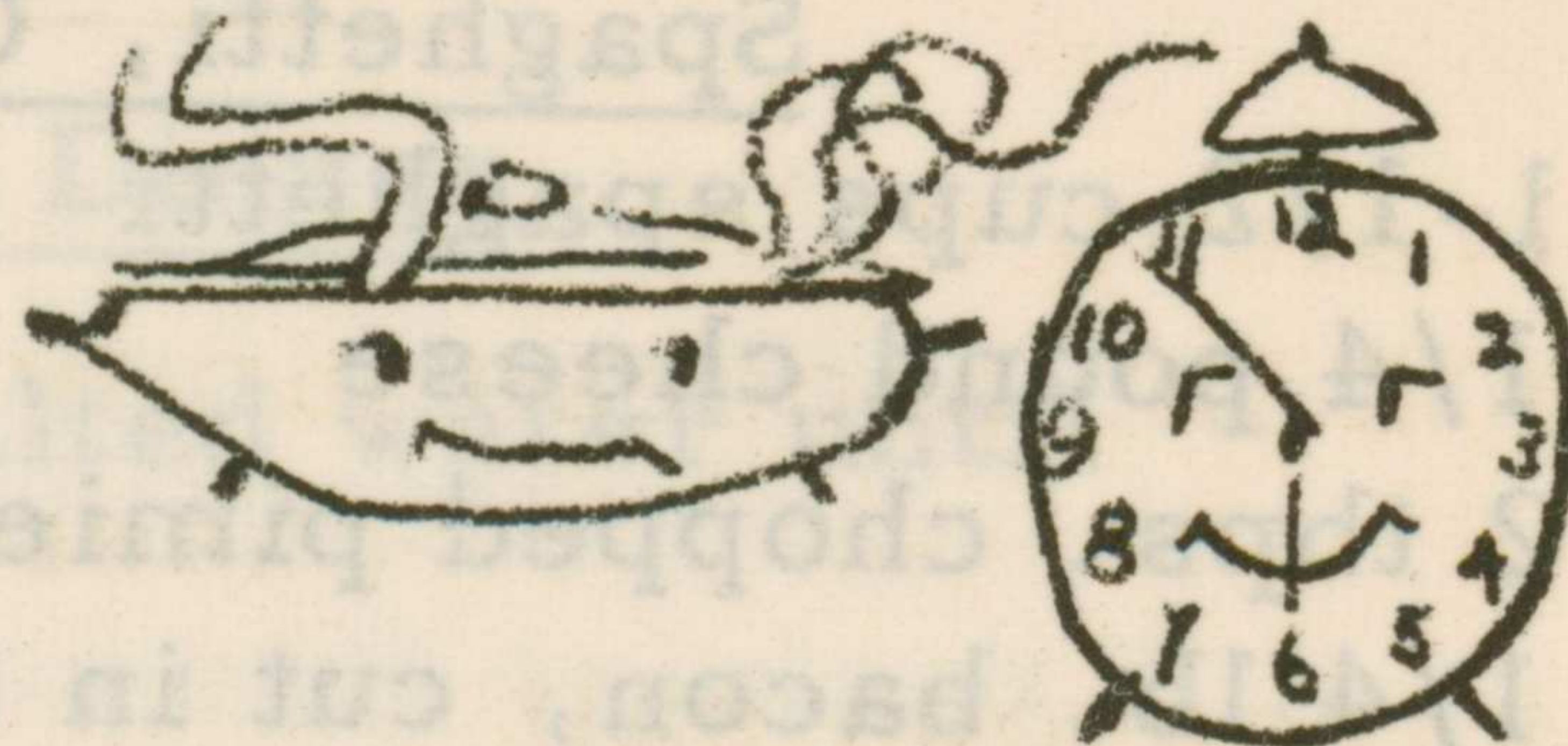
Spaghetti, Cheese and Bacon Casserole

1-1/2 cups spaghetti	1 cup canned tomatoes
1/4 pound cheese	2 small onions
2 tbps. chopped pimiento	1 tablespoon ketchup
1/4 lb. bacon, cut in small slices	1/2 teaspoon salt
	Dash of cayenne pepper

Cook spaghetti in large amount of boiling salted water until tender. Drain, rinse and turn into greased shallow baking dish. While spaghetti is cooking prepare sauce. Put tomatoes, cheese (cut in small pieces), chopped pimiento and finely-cut onions into saucepan and heat until cheese is completely melted, stirring frequently. Add ketchup and seasonings and pour over spaghetti in baking dish. Mix thoroughly, cover and bake in slow oven (325 deg.) for half hour, stirring several times during cooking. Remove cover, place strips of bacon across top and continue baking uncovered until bacon is cooked. Serves five.

Quickies

1 can Cloverleaf Tuna
1 can Chow mein noodles
1 can Campbell's cream of
mushroom soup



A few slivered almonds (optional)

Bake in casserole 1/2 hour, save a few noodles
for top.

Mix 1 can Campbell's cream of Mushroom soup
with 1/2 cup milk. Add 1 can drained tuna,
crushed potato chips and green peas. Bake at 375
degrees for 25 minutes.

Mix 1 can Campbell's cream of celery soup with 1/2
cup milk, add 1 lb. can of Cloverleaf salmon, potato
chips, peas, chopped green pepper and a little chop-
ped celery, any or all of these. Bake at 375
degrees for 25 minutes.

Salmon - Rice Casserole

1/2 cup milk	3 cups cooked rice
1/2 lb. process pimiento cheese	1 cup flaked salmon (7-1/4 oz. can)
1 teaspoon salt	1/4 cup chopped or sliced
1/4 teaspoon pepper	stuffed olives for garnish.

1. Cheese sauce-combine milk, cheese, salt and pepper in double boiler. Heat only until well blended and smooth.
 2. Put a layer of cooked rice in a well-greased baking dish. On top of this arrange layers of salmon, olives & cheese sauce. Repeat, ending with cheese sauce. If desired, arrange slices of stuffed olives around edge for garnish.
 3. Bake until lightly browned.
- Bake in moderate oven 350 degrees F. about 30 minutes.
Serves 6.

Tuna-noodle bake

4 oz. noodles, uncooked	4 oz. American Cheese,
1 can condensed cream of	sliced
mushroom soup (10-1/2 oz)	2 hard-cooked eggs, sliced
2/3 cup water	8 stuffed olives, sliced
1/2 tsp. Worcestershire sauce	1 can tuna fish (7 oz)
sprig of parsley	

1. Cook noodles according to directions on package. Drain.
2. Heat mushroom soup and the water in saucepan, stirring until smooth. Add Worcestershire sauce and cheese. Continue cooking only until cheese is melted.
3. Reserve a few egg and olive slices for garnish. Add rest of egg slices, olive slices, and the tuna fish to noodles in baking dish. Pour mushroom sauce over noodle mixture and mix together lightly. Bake.
4. For serving, garnish with reserved egg and olive slices and a sprig of parsley.

Bake 30 minutes at 375 degrees F. Servings - 6.

Cheese Strata

3 slices buttered bread $\frac{1}{3}$ inch
thick

1 cup grated cheese

2 eggs beaten

$\frac{1}{2}$ teaspoon salt

2 cups milk

Place bread and cheese in layers in buttered
baking dish. Beat eggs, add salt and milk.

Pour mixture over bread and cheese. Sprinkle
remainder of cheese on top and allow to stand
for 1 hour. Note - May use cheese slices
instead of grated cheese.

Chili Con Carne

2 Tbsps. bacon fat	1/8 Teaspoon pepper
3/4 cup chopped onion	2 or 3 tbsps. chili
1 or 2 cloves garlic	1 #2 can Kidney Beans
1 pound ground beef	1 #2-1/2 can tomatoes
1 tablespoon flour	1/2 teaspoon salt.

Heat bacon fat in deep skillet. Cook onions and garlic in this. Add meat, flour, salt and pepper and chili powder. Cook until brown. Drain kidney beans and add them and tomatoes to meat in a large kettle. Simmer it gently one hour.

Serves 4 - 6.

California Curry

1 pkg. quick-cooking rice (5 oz)	1/4 tsp. curry powder
1 can tuna fish (7 oz)	1-1/2 cups drained
1 can condensed cream of chicken soup (10-1/2 oz)	crushed pineapple
1/2 cup milk	1/2 cup chopped salted cashew nuts (2 oz)

1. Cook rice according to the directions on package.
2. Pour boiling water over tuna fish to remove excess oil. Drain.
3. Mix soup, milk and curry power in saucepan. Cook over low direct heat until almost boiling - about 5 minutes.
4. Add tuna and drained pineapple.
5. Pour over hot cooked rice in baking dish. Bake 15 - 20 minutes in moderate oven 350 degrees F.
Top with nuts just before serving.

Summer Casserole

3 or 4 medium potatoes thinly sliced
1 cup cut-up celery
1 cup thinly sliced carrots
1/2 cup chopped onions
3/4 pound minced beef
1/4 cup raw rice
1 large (20 oz.) can tomatoes

Method

Butter fairly large casserole-place above ingredients in layers in order given, seasoning to taste. Spread meat over evenly and sprinkle rice on meat. Pour tomatoes over all. Cover and cook in slow oven (275 deg.) about 2-1/2 hours, uncover, sprinkle top with grated cheese and brown slightly. Serves 4 - 6.

Cheese and Crab or Lobster Fondue

1 large can Crab or Lobster (or small one of each)

Mix with one cup chopped celery

Add 3 tablespoons mayonnaise that has been stirred into 1 teaspoon prepared mustard, salt and paprika.

Spread complete mix between slices of bread like sandwiches - cut in two. Put in casserole with slices of cheese between layers of sandwiches (about 3/4 pound yellow cheese). Pour over all, two well beaten eggs mixed with 1 cup top milk and dash of worcestershire sauce. Cover and bake about 40 minutes at 325 degrees. Serves 4.

Crab Casserole

4 eggs

1 can crab meat

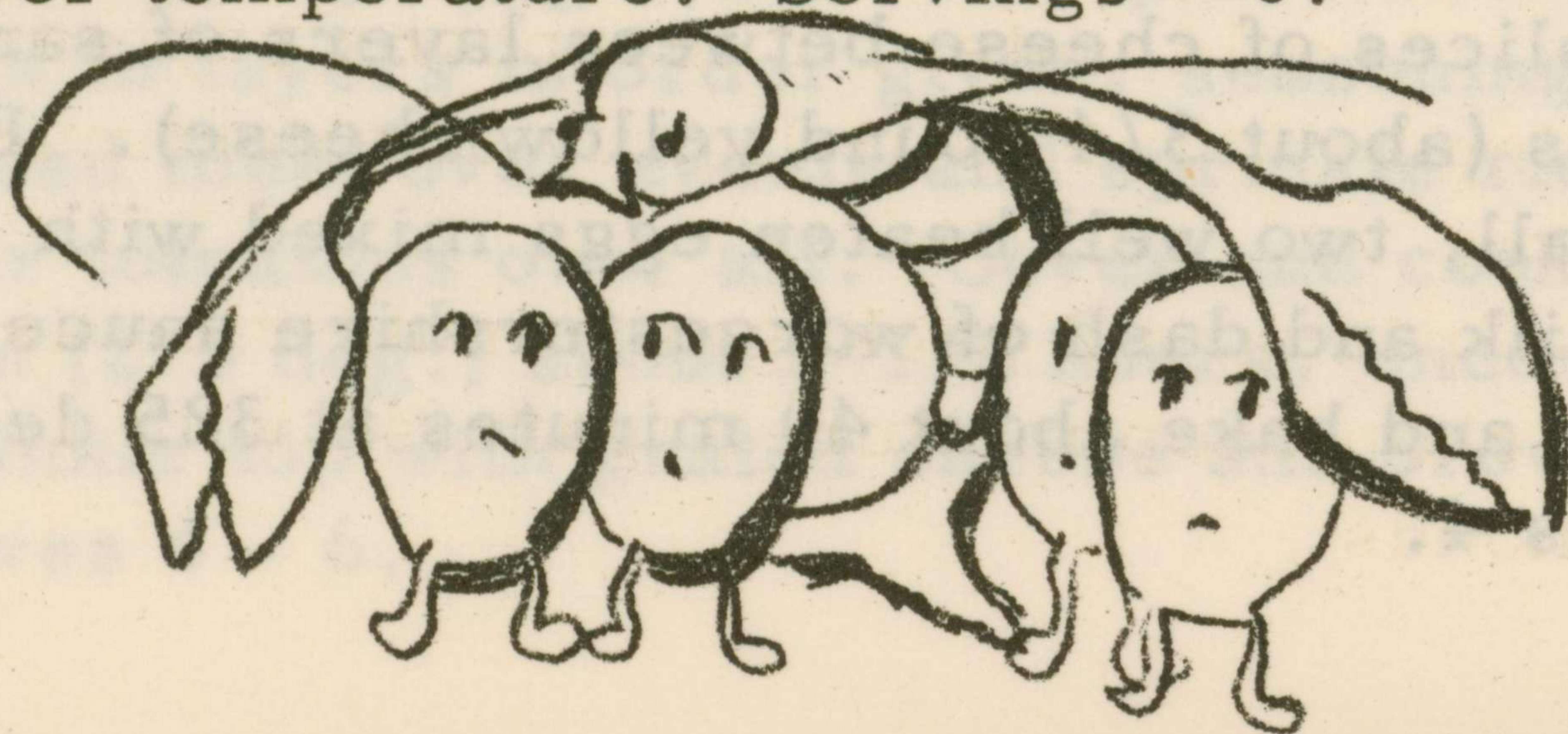
2 tablespoons melted butter

3/4 cup rolled oats

1 can Campbell's mushroom soup

1/2 cup milk

Beat eggs slightly, add other ingredients and bake 1/2 hour at 350 degrees, or longer at lower temperature. Servings - 6.



Chop Chop Quickie - Serves 6

1 pound lean pork (or chicken) 1/4 cut fat
1 cup onions chopped 1/2 teaspoon salt
2 cups celery cut in thin 1'' strips
1 can No. 2 mixed chinese vegetables
Dash of pepper

Cut meat in thin strips and sear in fat in skillet for two minutes. Add chopped onions, saute 5 minutes, stir often. Add celery. Drain liquid from Chinese vegetables, add enough water to make 1-1/2 cups of liquid. Add to meat mixture. Add salt and pepper. Cover and boil 5 minutes. Add vegetables. Bring to boil.

Blend together: 2 tablespoons cornstarch, 2 tablespoons cold water, 2 teaspoons soy sauce

Add to boiling mixture, stir lightly and continue to cook a little longer.

Meanwhile - prepare 2 packages minute rice as directed. Cover with chop chop mixture - garnish with 1/4 cups toasted almonds.

Barbecued Pork Chops

6 medium pork chops

bread crumbs

1 egg beaten

shortening

Method: Trim excess fat from chops; dip in egg and crumbs and sear a delicate brown in hot shortening. Cover with following sauce which has been boiled 3 minutes.

1 #2 can tomatoes

1 teaspoon allspice

1/4 cup vinegar

1 teaspoon cloves

1/2 cup brown sugar

salt and pepper

Cover pan and cook 1 hour or more. Serve with boiled rice.

Baked Eggs with Cheese

1 cup cheese cubed
1 cup milk
1 cup bread crumbs
4 eggs
1/4 teaspoon mustard
1 tablespoon butter
Seasoning

Method: Put finely cubed cheese and bread crumbs in bottom of baking dish; sprinkle with mustard and seasoning. Beat eggs slightly, add milk and pour over cheese and crumbs. Dot with butter. Bake in moderate oven until set - about 20 minutes. Serve with tomato sauce.

Shrimp Louisiana Style

- 2 tablespoons butter
- 3 tablespoons chopped onion
- 2/3 cup canned shrimp
- 2/3 cup hot boiled rice
- 2/3 cup cream or top milk
- 1/2 teaspoon salt
- 1/4 teaspoon celery salt
- Few grains cayenne
- 3 tablespoons tomato ketchup

Cook butter with onions five minutes, stirring constantly. Add shrimp in broken pieces, rice and cream. When thoroughly heated add salt, cayenne and tomato sauce. Serve on toast.



Ham and Asparagus Roll

6 slices cooked ham
2 tablespoons butter
2 Tsp. prepared mustard
6 Asparagus stalks
1 cup Cheese Sauce

Method:

Spread ham with creamed butter and mustard. Place one stalk of asparagus on each slice of ham. Roll and secure with tooth pick. Pour cheese sauce over ham rolls which have been placed in casserole. Bake 30 - 35 minutes at 350 degrees F.

Rice with Cheese

1 Cup Rice

1 Tablespoon salt

Boil just until cooked, but not soft, then blanch with cold water. Cover bottom of casserole with rice, dot with butter, then a thick layer of grated cheese and a sprinke of cayenne pepper.

Repeat until rice is used.

Add milk to half the depth of contents of dish.

Cover with a layer of buttered cracker crumbs and bake until milk is absorbed by rice.

Sweet and Sour Spareribs

Pork Spareribs (one pound per person)

Cut ribs into small pieces about $3/4$ inches long.

Fry ribs until nice and brown on both sides -
season with salt and pepper.

Sauce: 1 cup brown sugar
 1 cup water
 $1/2$ cup vinegar

Boil sugar and water until sugar is dissolved;
add vinegar and boil three minutes. Thicken
sauce with corn starch until slightly thick; add
soya sauce to taste. Pour over ribs and
simmer thirty minutes.

Italian Spaghetti and Meat Balls

1/4 lb. ground pork	1 button garlic
3/4 pound ground steak	1 whole garlic
1 can tomato paste	3 tbsps. crisco
1 #2 can tomatoes	10 crackers
3 onions	2 eggs
salt, pepper cheese	

Method: mix meat, eggs, 1 chopped onion, 1 button garlic, salt, pepper. Put crackers in water for about ten second-then mix with meat-roll in balls. In a large kettle, put crisco-when hot add two finely chopped onions-when brown add tomato paste and canned tomatoes. When it starts boiling, drop in gently the meat balls. Cook slowly as they stick easily. Cover and cook 45 minutes. Just before ready to serve, cook one box spaghetti in boiling salted water. Serve with parmesian cheese. Take whole bunch of garlic and rub off a little of outside & cook whole with meat balls in the tomato sauce.



